



Date: November 1, 2021

Agenda Item # 2

TO: Senior Commission
FROM: Cheryl Anderson, Recreation Coordinator
SUBJECT: Adult 50+ Program

RECOMMENDATION:

City staff will provide a status update on the Adult 50+ Program

BACKGROUND/DISCUSSION

City Staff will share a program update since the Adult 50+ Program opened on Monday, October 4, 2021.

Attachment:

- A. Program Calendars for Adult 50+

November 2021-Los Altos Community Center & Online activities

97 Hillview Avenue, Los Altos, CA 94022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9-9:45AM- <i>Vijay D. Yoga & Meditation*</i> 9:15-12PM- <i>Play-Bridge</i> 12:30-2PM- <i>Monkey Toys</i>	9:15-2PM- <i>Play-Bridge</i> 1-2PM- <i>Richard C. Line Dancing</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i>	9:15-2PM- <i>Play-Bridge</i> 10AM-12PM <i>Lenora ArtVenturers</i> 10:30-11:30AM- <i>Kathleen (Garden house) Tai Chi for Health</i>	9-11:30AM- <i>Play-Bridge</i> 11:30-2PM- <i>Pinochle</i> 12-2PM- <i>Play American Mah Jongg</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i>	10:30-12PM- <i>Ken P. Foreign Affairs*</i>
8	9	10	11	12
9-9:45AM- <i>Vijay D. Yoga & Meditation*</i> 9:15-12PM- <i>Play-Bridge</i> 12:30-2PM- <i>Monkey Toys</i>	9:15-2PM- <i>Play-Bridge</i> 1-2PM- <i>Richard C. Line Dancing</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i>	9:15-2PM- <i>Play-Bridge</i> 10AM-12PM <i>Lenora ArtVenturers</i> 10:30-11:30AM- <i>Kathleen (Garden house) Tai Chi for Health</i>		10:30-12PM- <i>Ken P. Foreign Affairs*</i>
15	16	17	18	19
9-9:45AM- <i>Vijay D. Yoga & Meditation*</i> 9:15-12PM- <i>Play-Bridge</i> 12:30-2PM- <i>Monkey Toys</i>	9:15-2PM- <i>Play-Bridge</i> 1-2PM- <i>Richard C. Line Dancing</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i> 1-4PM- <i>Nancy L. HICAP (appt)</i>	9:15-2PM- <i>Play-Bridge</i> 10AM-12PM <i>Lenora ArtVenturers</i> 10:30-11:30AM- <i>Kathleen(Garden house) Tai Chi for Health</i>	9-11:30AM- <i>Play-Bridge</i> 10-11AM- <i>Fall Prevention Santa Clara County Fire</i> 11:30-2PM- <i>Pinochle</i> 12-2PM- <i>Play American Mah Jongg</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i>	10:30-12PM- <i>Ken P. Foreign Affairs*</i>
22	23	24	25	26
9-9:45AM- <i>Vijay D. Yoga & Meditation*</i> 9:15-12PM- <i>Play-Bridge</i> 12:30-2PM- <i>Monkey Toys</i>	9:15-2PM- <i>Play-Bridge</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i> 1-2PM- <i>Richard C. Line Dancing</i>	Closed		Closed
29	30			
9-9:45AM- <i>Vijay D. Yoga & Meditation*</i> 9:15-12PM- <i>Play-Bridge</i> 12:30-2PM- <i>Monkey Toys</i>	9:15-2PM- <i>Play-Bridge</i> 1-2PM- <i>Richard C. Line Dancing</i> 1-3PM- <i>Ellen C. Tech Tutor (appt)</i>			

Legend

- Fee-Based Classes
- Free Classes
- Free Special Activities and Events
- Call for Appointment

* Online activities are marked with an asterisk

NOTE: Calendars are not a comprehensive listing of all programs

November 2021- Grant Park and Community Center

1575 Holt Ave, Los Altos, CA 94022

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>9-2PM-Chess</p> <p>9:15-12PM-Play-Bridge</p> <p>11AM- <i>Jack T.</i> Conversation Group</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p> <p>9:15-2PM-Play-Bridge</p> <p>10:15-11AM-Eleanor Stretching & Walk</p> <p>10:30-12:30PM- Class American Mah Jongg</p> <p>12:30-2PM- Play American Mah Jongg</p>	<p style="text-align: right;">4</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Center Closed</p>
<p style="text-align: right;">8</p> <p>9-2PM-Chess</p> <p>9:15-12PM-Play-Bridge</p> <p>11AM- <i>Jack T.</i> Conversation Group</p>	<p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p>9:15-2PM-Play-Bridge</p> <p>10:15-11AM-Eleanor Stretching & Walk</p> <p>10:30-12:30PM- Class American Mah Jongg</p> <p>12:30-2PM- Play American Mah Jongg</p>	<p style="text-align: right;">11</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">12</p> <p style="text-align: center;">Center Closed</p>
<p style="text-align: right;">15</p> <p>9-2PM-Chess</p> <p>9:15-12PM-Play-Bridge</p> <p>11AM- <i>Jack T.</i> Conversation Group</p>	<p style="text-align: right;">16</p>	<p style="text-align: right;">17</p> <p>9:15-2PM-Play-Bridge</p> <p>10:15-11AM-Eleanor Stretching & Walk</p> <p>12-1PM - Thankful Thanksgiving Social</p> <p>10:30-12:30PM- Class American Mah Jongg</p> <p>12:30-2PM- Play American Mah Jongg</p>	<p style="text-align: right;">18</p> <p>10-11AM- Fall Prevention <i>Santa Clara County Fire</i></p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Center Closed</p>
<p style="text-align: right;">22</p> <p>9-2PM-Chess</p> <p>9:15-12PM-Play-Bridge</p> <p>11AM- <i>Jack T.</i> Conversation Group</p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Closed</p>	<p style="text-align: right;">25</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">26</p> <p style="text-align: center;">Center Closed</p>
<p style="text-align: right;">29</p> <p>9-2PM-Chess</p> <p>9:15-12PM-Play-Bridge</p> <p>11AM- <i>Jack T.</i> Conversation Group</p>	<p style="text-align: right;">30</p>			

Legend

- Fee-Based Classes
- Free Classes
- Free Special Activities and Events
- Call for Appointment

* Online activities are marked with an asterisk

NOTE: Calendars are not a comprehensive listing of all programs

December 2021-Los Altos Community Center & Online Activities

97 Hillview Avenue, Los Altos, CA 94024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:15-2PM-Play-Bridge 10-12PM Lenora ArtVenturers 10:30-11:30AM-Kathleen (Garden house) Tai Chi for Health	2 9-11:30AM-Play-Bridge 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	3 10:30-12PM- Ken P. Foreign Affairs*
6 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play-Bridge 12:30-2PM- Monkey Toys	7 <i>Medicare open enrollment ends</i> 9:15-2PM-Play-Bridge 1-2PM- Richard C. Line Dancing 1-3PM- Ellen C. Tech Tutor (appt)	8 9:15-2PM-Play-Bridge 10-12PM Lenora ArtVenturers 10:30-11:30AM-Kathleen (Garden house) Tai Chi for Health 11AM - Mini Trip	9 9-11:30AM-Play-Bridge 10-11AM- Fall Prevention Santa Clara County Fire* 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	10 10:30-12PM- Ken P. Foreign Affairs*
13 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play-Bridge 12:30-2PM- Monkey Toys	14 9:15-2PM-Play-Bridge 1-2PM- Richard C. Line Dancing 1-3PM- Ellen C. Tech Tutor (appt)	15 9:15-2PM-Play-Bridge 10-12PM Lenora ArtVenturers	16 9-11:30AM-Play-Bridge 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1:00PM - Holiday Dessert Social with Movie 1-3PM- Ellen C. Tech Tutor (appt)	17 10:30-12PM- Ken P. Foreign Affairs*
20 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play-Bridge 12:30-2PM- Monkey Toys	21 9:15-2PM-Play-Bridge 1-3PM- Ellen C. Tech Tutor (appt)	22 9:15-2PM-Play-Bridge 10-12PM Lenora ArtVenturers	23 9-11:30AM-Play-Bridge 11:30-2PM- Pinochle 12-2PM- Play American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	24 
27 9-9:45AM- Vijay D. Yoga & Meditation* 9:15-12PM-Play-Bridge 12:30-2PM- Monkey Toys	28 9:15-2PM-Play-Bridge 1-3PM- Ellen C. Tech Tutor (appt)	29 9:15-2PM-Play-Bridge 10-12PM Lenora ArtVenturers	30 9-11:30AM-Play-Bridge 11:30-2PM- Pinochle 12 -2PM- Play American Mah Jongg 1-3PM- Ellen C. Tech Tutor (appt)	31

Legend

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December 2021-Grant Park & Community Center

1575 Holt Avenue, Los Altos, CA 94024

Monday	Tuesday	Wednesday	Thursday	Friday
		9:15-2PM- <i>Play-Bridge</i> ¹ 10:15-11AM- <i>Eleanor Stretching & Walk</i> 10:30-12:30PM- <i>Class American Mah Jongg</i> 12:30-2PM- <i>Play American Mah Jongg</i>	²	³ Center Closed
9AM-2PM- <i>Chess</i> ⁶ 9:15-2PM- <i>Play-Bridge</i> 11AM- <i>Jack T. Conversation Group</i>	Medicare open enrollment ends ⁷	9:15-2PM- <i>Play-Bridge</i> ⁸ 10:15-11AM- <i>Eleanor Stretching & Walk</i> 10:30-12:30PM- <i>Class American Mah Jongg</i> 11AM - <i>Mini Trip</i> 12:30-2PM- <i>Play American Mah Jongg</i>	10-11AM- <i>Fall Prevention- Santa Clara County Fire*</i> ⁹	¹⁰ Center Closed
¹³ 9:15-2PM- <i>Play-Bridge</i> 9AM-2PM- <i>Chess</i> 11AM- <i>Jack T. Conversation Group</i>	¹⁴	9:15-2PM- <i>Play-Bridge</i> ¹⁵ 10:15-11AM- <i>Eleanor Stretching & Walk</i> 10:30-12:30PM- <i>Class American Mah Jongg</i> 12:30-2PM- <i>Play American Mah Jongg</i>	¹⁶	¹⁷ Center Closed
²⁰ 9AM-2PM- <i>Chess</i> 9:15-2PM- <i>Play-Bridge</i> 11AM- <i>Jack T. Conversation Group</i>	²¹	9:15-2PM- <i>Play-Bridge</i> ²² 10:15-11AM- <i>Eleanor Stretching & Walk</i> 10:30-12:30PM- <i>Class American Mah Jongg</i> 12:30-2PM- <i>Play American Mah Jongg</i>	²³	²⁴ 
²⁷ 9AM-2PM- <i>Chess</i> 9:15-2PM- <i>Play-Bridge</i> 11AM- <i>Jack T. Conversation Group</i>	²⁸	9:15-2PM- <i>Play-Bridge</i> ²⁹ 10:15-11AM- <i>Eleanor Stretching & Walk</i> 10:30-12:30PM- <i>Class American Mah Jongg</i> 12:30-2PM- <i>Play American Mah Jongg</i>	³⁰	³¹ Center Closed

Legend

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